

## 2013 DHHS Wellness Survey

1. I am interested in learning more about healthy food choices.		
	Response Total	Response Percent
little or no interest	468	15%
some interest	1137	38%
very interested	1422	47%
Total Respondents	3027	100%
2. I am interested in learning how to incorporate fruits and vegetables into my diet.		
	Response Total	Response Percent
little or no interest	563	19%
some interest	1100	36%
very interested	1364	45%
Total Respondents	3027	100%
3. I am interested in learning about healthier food choices and portions to help manage my weight.		
	Response Total	Response Percent
little or no interest	569	19%
some interest	1001	33%
very interested (3 Points)	1457	48%
Total Respondents	3027	100%
4. I am interested in "tasting" events to sample healthy foods.		
	Response Total	Response Percent
little or no interest	636	21%
some interest	872	29%
very interested	1519	50%
Total Respondents	3027	100%
5. I am interested in having healthy snacks available for purchase at work.		
	Response Total	Response Percent
little or no interest	407	13%
somewhat interested	689	23%
very interested	1931	64%
Total Respondents	3027	100%
6. I am interested in learning more about the benefits of physical activity and how it can influence my health.		
	Response Total	Response Percent
little or no interest	610	20%
some interest	1225	40%
very interested	1192	39%
Total Respondents	3027	100%

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7. I am interested in increasing my physical activity level.		
	Response Total	Response Percent
little or no interest	276	9%
some interest	953	31%
very interested	1798	59%
Total Respondents	3027	100%
8. I am interested in walking to increase physical activity.		
	Response Total	Response Percent
little or no interest	366	12%
some interest	927	31%
very interested	1734	57%
Total Respondents	3027	100%
9. I am interested in participating in team activities.		
	Response Total	Response Percent
little or no interest	1322	44%
some interest	1117	37%
very interested	588	19%
Total Respondents	3027	100%
10. I am interested in learning ways to cope with feelings of stress.		
	Response Total	Response Percent
little or no interest	669	22%
some interest	1122	37%
very interested	1236	41%
Total Respondents	3027	100%
11. I am interested in time management skills.		
	Response Total	Response Percent
little or no interest	907	30%
some interest	1201	40%
very interested	919	30%
Total Respondents	3027	100%
12. I am interested in improving my communication skills.		
	Response Total	Response Percent
little or no interest	824	27%
some interest	1241	41%
very interested	962	32%
Total Respondents	3027	100%

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13. I am interested in learning skills to cope with change.		
	Response Total	Response Percent
little or no interest	973	32%
some interest	1247	41%
very interested	807	27%
Total Respondents	3027	100%
14. I am interested in organized social events with my co-workers. (Events might be a holiday party or summer picnic.)		
	Response Total	Response Percent
little or no interest	980	32%
some interest	1165	38%
very interested	882	29%
Total Respondents	3027	100%
15. I am interested in participating in wellness activities within my regular work schedule.		
	Response Total	Response Percent
little or no interest	460	15%
some interest	1044	34%
very interested	1523	50%
Total Respondents	3027	100%
16. I am interested in participating in wellness activities before work.		
	Response Total	Response Percent
little or no interest	1977	65%
some interest	723	24%
very interested	327	11%
Total Respondents	3027	100%
17. I am interested in participating in wellness activities after work.		
	Response Total	Response Percent
little or no interest	1334	44%
some interest	1133	37%
very interested	560	19%
Total Respondents	3027	100%
18. I am interested in 10-15 minute activities that I can do two to three times a day.		
	Response Total	Response Percent
little or no interest	384	13%
some interest	1045	35%
very interested	1598	53%
Total Respondents	3027	100%

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19. I am interested in activities that last 30-60 minutes.		
	Response Total	Response Percent
little or no interest	710	23%
some interest	1339	44%
very interested	978	32%
Total Respondents	3027	100%
20. I am interested in health information that I can read, listen to, or watch on my own.		
	Response Total	Response Percent
little or no interest	514	17%
some interest	1219	40%
very interested	1294	43%
Total Respondents	3027	100%
21. I am interested in participating with a group to learn more about wellness.		
	Response Total	Response Percent
little or no interest	1292	43%
some interest	1198	40%
very interested	537	18%
Total Respondents	3027	100%
22. I am interested in information about annual flu shot availability through the State Health Plan.		
	Response Total	Response Percent
little or no interest	1112	37%
some interest	758	25%
very interested	1157	38%
Total Respondents	3027	100%
23. I am interested in receiving tobacco cessation information/assistance through QuitlineNC (1-800-QUIT-NOW, 1-800-784-8669, www.quitlinenc.com).		
	Response Total	Response Percent
little or no interest	1367	89%
some interest	95	6%
very interested	71	5%
Total Respondents	1533	100%
(skipped this question)		1494
24. I am interested in getting information about quitting tobacco use.		
	Response Total	Response Percent
little or no interest	1329	89%
some interest	90	6%
very interested	80	5%
Total Respondents	1499	100%
(skipped this question)		1528

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25. I am interested in attending information sessions or classes about quitting tobacco use.		
	Response Total	Response Percent
little or interest	1335	91%
some interest	69	5%
very interested	58	4%
Total Respondents	1462	100%
(skipped this question)	1565	
26. I am interested in using my meal break time to learn about quitting the use of tobacco.		
	Response Total	Response Percent
little or no interest	1342	93%
some interest	60	4%
very interested.	36	3%
Total Respondents	1438	100%
(skipped this question)	1589	
27. I am interested in using time before or after work to learn about quitting the use of tobacco.		
	Response Total	Response Percent
little or no interest	1343	93%
some interest	64	4%
very interested	30	2%
Total Respondents	1437	100%
(skipped this question)	1590	
28. For which division/facility/office do you currently work?		
	Response Total	Response Percent
Aging and Adult Services	44	2%
Black Mtn NeuroMed Ctr.	32	1%
Budget and Analysis	3	0%
Broughton Psychiatric Hospital	121	5%
Caswell Developmental Center	155	6%
Central Regional Psychiatric Hospital	121	5%
Cherry Psychiatric Hospital	128	5%
Child Dev and Early Education	54	2%
Council on Developmental Disabilities	6	0%
Deaf and Hard of Hearing	37	1%
Disability Determination Services	125	5%
Health Service Regulation	93	4%
Human Resources	27	1%
Information Resource Management	50	2%
Internal Audit	1	0%

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28. For which division/facility/office do you currently work? (Continued)			
		Response Total	Response Percent
J Iverson Riddle Developmental Ctr.		114	4%
Julian Keith ADATC		26	1%
Longleaf NeuroMed Ctr.		34	1%
Medical Assistance		110	4%
MHDDSAS (20 Points)		141	5%
Murdoch NeuroMed Ctr.		71	3%
NCFAS (22 Points)		6	0%
O'Berry Developmental Ctr.		83	3%
Office of Controller		61	2%
Office of Economic Opportunity		0	0%
OMMIS		10	0%
Office of Procurement and Contracts		5	0%
Office of Property and Construction		1	0%
Office of Public Affairs		3	0%
Office of Rural Health		31	1%
Office of the Secretary		18	1%
Public Health		286	11%
Robert J Blackley ADATC		1	0%
Services for the Blind		74	3%
Social Services		42	2%
State Operated Healthcare Facilities		33	1%
Vocational Rehabilitation		472	18%
Walter B Jones ADATC		24	1%
Whitaker School		1	0%
Wright School		7	0%
Total Respondents		2651	100%
(skipped this question)		376	
29. Which shift do you normally work?			
		Response Total	Response Percent
First shift		2595	96%
Second shift		88	3%
Third shift		24	1%
Total Respondents		2707	100%
(skipped this question)		320	